



Bear Prints

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July 14, 2008

We've been having issues with our home phone, so we apologize if you've had trouble getting a hold of us. Our answering machine died yet again, which doesn't help.

So, I've added my cell phone number to the contact info on the back page. Feel free to leave a message there if you need to change your pick up day and I haven't responded to your email.

As usual, letting us know the week before on your pick up sheet when you cross off your name is always best for us. Thanks!

We woke up to find some beautiful rosemary plants in front of the greenhouse last week. Rita from the HerbPharmacy in Salisbury dropped them off for us as a surprise! They started them in their greenhouses last fall. They set up next to us at the Marblehead market and have become great friends. Most of our herbs come from them. Hopefully we'll get the rosemary plants in the ground this week.

Farm News

What a weekend. I got a taste of Mike's schedule and I don't think I can take it! Mike has been working 14 to 16 hour days lately & quite frankly, I don't know how he does it. Friday we pick for our Saturday market in Marblehead, as well as Friday's CSA. So, Cheryl came by after pick up to help me pick flowers, then I stayed up until 1 bunching them. Got up at 4:30 to pick greens, then off to market, back in the afternoon to transplant 2,300 pumpkin plants down in Westford, then up again on Sunday to transplant more melons. Sunday afternoon, went to the crank up in Pepperell to see about a tractor tire rim, then back for more transplanting! Mike & I finally crashed around 5, then I got up to do the newsletter. Not only do I not understand how he can do this every day, I don't understand how he can be so chipper! All I can say is keep up the good work & you're a better man than I Gunga Din!

Well, the cheese was a big hit last week. Send us an email & let us know how you liked it. This week we have a couple new varieties: smoked Cambridge, Swiss and tomme (my favorite). The tomme will only last a couple weeks, but the others will last a few months if you don't open them. Thanks to Wendy MacDonald for not only finding recipes, but also for providing copies last week. They sounded good.

We still have 3 guinea hen babies. They were separated from Mom last Friday and I couldn't believe the tiny things could be so loud!

What's New In Your Share This Week

New this week is **Chinese cabbage**. According to Marian Morash of the [Victory Garden Cookbook](#), **Chinese cabbage** can be used in any regular cabbage recipe, just reduce the cooking time, since it is more tender. She prefers to steam, rather than boil cabbage to keep it from getting too watery. That is a great book, by the way, and I highly recommend it. You can probably get it at any library or check out the used book sales. Written years ago, before CSA was a household term, it is amazing how similar new CSA recipe books are in terms of format. I've never seen one more chock full of info, though. She also has gardening tidbits, too. You can also use Chinese cabbage raw. She slices out the ribs to use instead of crackers with dip.

A great way to use Chinese cabbage is, of course, in stir fry. Wash and cut it cross-

wise into 1-inch pieces. Heat oil in a wok or large pan. Add some minced ginger and/or garlic and cook a minute. Add cabbage and diced fresh hot pepper or red pepper flakes and cook for 1 to 2 minutes, stirring constantly. Cut down the heat if it starts to brown. Add a 1/2 tsp. of sugar, 2T broth or water & 1 tsp soy sauce or salt. Cover and cook another 2 minutes or until the cabbage is tender but still a bit crunchy. If you'd like it a bit saucy to put over rice, add 1 tsp cornstarch to 1T each of soy sauce, rice wine, and vinegar and add at the end instead of earlier. Cook until thickened. You could add a little sesame oil or pine nuts or strips of ham, shrimp, tofu, etc. as well. Add some cooked rice and you have a nice meal.

Don't over cook any cabbage to avoid a mushy texture and strong taste.

Bear Hill Farm CSA

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PICK UP MONDAY, WEDNESDAY, OR
FRIDAY
3 PM UNTIL 7 PM (but you can come late)

(Please make arrangements at least one week
in advance to switch your pick-up day.)

CSA Since 1998

COME ANYTIME —
THIS IS YOUR FARM!

Are we heroes of a new revolution?

Hello again! I am back from our annual summer Ohio vacation. I grew up in Ohio and am always happy to go back and see the family, but I really do hate missing my pick-up (and “pick-ME-up”) at Bear Hill Farm. However, I was able to check in online and read the newsletters. Many thanks to Paige Impink for filling in for me while I was gone. Any time that you have something farm-related you’d like to share, please consider writing an essay for this back page. You know I’m just a long-time CSA member who likes to write, so Mike & Anne give me this space to add my two cents—but the spot is always open if you’d like to contribute.

I especially missed writing my annual 4th of July “Soapbox Essay” this year. I have a soft spot in my heart for the farmers who put down their plows back around 1776 to fight for our independence, and I’ve always wondered if I would have the courage myself. Well I was thinking of this as I drove among the cornfields in Ohio on Independence Day and noticed 5 beautiful windmills, looking very much like sentinels as their giant arms rotated to generate electricity just outside my hometown. And this sight in turn conjured up images of the orderly rows of vegetables at our farm. It appears that more than 225 years after the signing of the Declaration, we are again fighting for our independence—this time from foreign oil. Not only must we pursue alternative sources of energy, we must support an alternative to our conventional food system; it is unsustainable due to the use of petroleum-based pesticides and fertilizers, as well as the transportation required to deliver it all to us from the far corners of the earth.

It’s independence of a sort I know our forefathers and mothers would understand. And the fact that it’s a *peaceful* revolution is okay with me, too! — Anna Barker (annabarker@chcarter.net)

Recipes: Beets & Chinese Cabbage

This recipe was sent in by CSA member Bruce Magnuson, who says that the soup is awesome even for people who are not big beet fans—the curry flavor comes through more than the beets, I think. PLEASE feel free to send us your favorite recipes! We all love finding a new one that is “tried and true.” - AB

Beet Curry Soup

2 TBS vegetable oil
3 large beets (2 1/2 pounds total)
4 TBS unsalted butter
1 medium Vidalia/sweet onion, chopped fine
2 apples finely chopped, plus thin slices for garnish
4 C chicken broth, more if necessary
1 tsp ginger, grated
1-2 TBS curry paste (“A Taste of Thai” avail at supermarket)
1 tsp salt
1/2 C crème fraiche or yogurt

Heat oven to 350°F. In a bowl, drizzle oil over beets. Place beets on aluminum foil and bake about an hour or until beets can be pierced with a fork. When cool, peel beets and chop into large chunks.

In a soup pot, melt butter. Add onion and sauté until it is almost caramelized, about 15 minutes. Add chopped apples, beets, broth, ginger, 1 TBS curry paste and salt. Mix well,

bring to a boil and simmer, uncovered, about 10 minutes or until apples are soft.

Pour soup mixture into a food processor and puree, in batches if necessary. Taste, adding more curry paste or salt if desired. If soup is too thick, add a bit of water or broth. Serve warm with a dollop of crème fraiche or yogurt and a slice of apple.

Ideas for Chinese Cabbage (and other greens)

- Stir-fry as Anne directs on the front page, and then wrap in wonton wrappers. (Follow package directions.) Serve with Chinese honey mustard or other dipping sauce.
- Boil tender cabbage leaves for 2 minutes to soften them. (Cool in a bowl of iced water.) Use them as a wrap for your favorite Asian mixture (eg, cooked fish with sesame oil, chilies, cilantro, etc.) and then steam packets for about 5-6 minutes until heated through.
- Add chopped Chinese cabbage to chicken broth and add Chinese flavorings: e.g., for 8 cups broth add 1 TBS rice wine, 1/4 C soy sauce, 2 TBS minced fresh ginger, 3 cloves garlic, 3 scallions, 1 TBS dark sesame oil. You can also add chopped chicken, Chinese egg noodles, and carrots for a filling and satisfying main dish soup. (Serve with leftover wontons fried in canola oil until crisp.)
- All leftover cooked greens can always go into a last-minute omelette. Or stir them into your mashed potatoes with roasted garlic. — AB